

Ayurveda With Sri Lanka

Bentota Aida Ayurveda and Holistic Health Resort

If you wish to escape the realities of modern living and soak up the secrets of ayurveda within a luxury setting you need look no further than Bentota Aida. This exclusive purpose-built ayurveda property is breathtakingly located on the banks of the Bentota River and is a serene haven where you may unwind, reflect and relax in harmony with nature to the tune of ancient ayurvedic remedies that revitalise and replenish your energies. This resort comprises 40 guestrooms located within the main house, by the rivers edge and in the new Lagoon View Wing.



Location

Situated in Bentota in the west coast of Sri Lanka and 90 km south to the Bandaranaike International Airport, which is approximately a 3-hour drive. And it is 60 km away from Colombo and approximately a 2 hours drive will take you to the destination.



Room Facilities

Each of the inspiring standard and deluxe rooms provide you with total comfort and privacy. Sequestered inside these air conditioned havens are king sized beds to lull you to a deep peaceful sleep, piped music, TV, safe, IDD facilities, mini-fridge and a telephone. Each is stylishly and elegantly decorated and has views of the stunning gardens or tranquil river.



Ayurvedic Packages and Treatments

The modern Ayurvedic Health Centre at Bentota Aida consists of a private consultation room, 15 treatment rooms as well as four atmospheric pavilions specially designed for memorably beautiful, floral and herbal baths, while a staff consisting of five doctors and 30 therapists will take you into holistic heaven. Each of the excellent treatments offered include a specified number of consultations with the chief doctor, the first of which will be an initial examination on your arrival, after which you will receive your diagnosis and individual treatment plan.

Your plan will be exclusively tailored to your requirements, taking into account any specific needs. The doctor may also recommend you a special ayurvedic diet to follow for the duration of your stay.

The treatment programmes comprise:

Basic Ayurvedic Treatments – 01-week

The Soft Reflex (two weeks) leads to accelerated energy and lowering a decrease of daily complaints.

The Soft Reflex – 02-weeks

Leads to accelerated energy and lowering of daily complaints

Detoxification – 03-weeks

Deeper concentration of ayurveda giving the body a chance to regenerate more extensively.

Rejuvenation – 04-weeks

Especially designed by resident ayurvedic doctor, this course helps the body to defy disease and maintain a youthful appearance.

Weight Reduction Therapies

Weight reduction therapies

The treatments you receive, using freshly harvested and prepared herbs and oils, may include a combination of the following:

- ❖ Head Massage
- ❖ Face Massage
- ❖ Body Massage
- ❖ Foot Massage
- ❖ Herbal Bath
- ❖ Sudation
- ❖ Nasya
- ❖ Intestinal Cleaning
- ❖ Shirodhara
- ❖ Herbal Sauna
- ❖ Flower Bath
- ❖ Nourishing Enema
- ❖ Eye Treatment
- ❖ Rice-Herb-Oil Massage
- ❖ Acupuncture

At the culmination of your heavenly experience you will have a final consultation with the ayurvedic doctor who will also provide you with a personalised report of recommended diet and guidelines for good health that you can practice on your return home.

The sauna, used for some treatments though also available for you as you wish, was built according to 2,500-year-old scriptures and fired by fragrant healing wood. The inner plaster of the walls is mixed with herbal ingredients comprising bee honey, bitter herbs and sandalwood powder while the floor is covered with a selection of various herbs.



Facilities

This serene haven has two restaurants, one of which, the Gallery Restaurant, is reserved exclusively for hotel residents and serves up delicious and health-inspiring ayurvedic and vegetarian dishes. The main restaurant that joins the hotel specialises in seafood and international cuisine and overlooks the Bentota River.

The extensive grounds boast a large swimming pool, Jacuzzi, tiered garden and an open-air amphitheatre plus acres of areas to relax and unwind.

You will cherish your time off as you soak into the serenity of Bentota Aida however there is plenty of free time after your daily treatments that you should use to discover the tropical beauty of the island by venturing on a boat safari, village tour or just for a gentle stroll on beautiful Bentota beach. Yoga is offered in the Yoga Centre while private terraces for meditation are located throughout the hotel.